

# Pasta with Lemon Parmesan Salmon and Brussels

Parmesan and salmon are a marriage made in heaven. We're tossing the two together with al dente pasta shells, sautéed brussels and toasted capers and pepitas. It's a speedy dinner that tastes fresh from Italy.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Pasta Shells
- Salmon
- Capers & Pepitas
- Brussels Sprouts & Onions
- Parmesan Sauce
- Lemon

## Good to Know

If you ordered the **Carb Conscious version** we sent you red peppers instead of the shells, reducing the **carbs per serving to 39g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the peppers and cook until they start to char, about 3 to 4 minutes. Set aside and wipe out the skillet. Use the red peppers in place of the pasta in step 4.

**Health snapshot per serving** – 640 Calories, 27g Fat, 40g Protein, 63g Carbs, and 17 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Cream, Brussels Sprouts, Shells, Lemon, Red Onion, Parmesan, Pepitas, Capers, Garlic, Black Pepper

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### 1. **Get Organized**

Bring a large saucepan of water to boil.

### 2. **Cook the Pasta**

Add the **Pasta Shells** to the boiling water with a pinch of salt and cook until al dente, about 8 to 10 minutes. Drain well and return to the saucepan and cover.

### 3. **Cook the Salmon**

While the pasta is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes.

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Wipe out the skillet.

### 4. **Put It All Together**

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Capers & Pepitas** and cook until the pepitas turn brown, about 1 to 2 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet. When the oil is hot, add the **Brussels Sprouts & Onions** and cook until they start to char, about 3 to 4 minutes. Turn off the heat and add the **Parmesan Sauce**, cooked pasta, and flaked salmon. Gently stir it all together and top with the toasted capers & pepitas.

Cut the **Lemon** into wedges and squeeze over the entire dish. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***